

Integrating Treatment for Co-occurring Disorders in Mental Health Settings

Los Angeles County Department of
Mental Health

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Few receive treatment for Co-occurring disorders

- Less than half of 4 million adults with both a serious mental illness and a co-occurring substance use disorder received treatment for either.(SAMSHA 2002 National Survey on Drug Use and Health)
- 34 percent received mental health tx only
- 2 percent received substance use tx only
- 12 percent received both

Integrated Treatment in Los Angeles County

- Example of a local effort at solution to national problem
- Builds on existing skills; training ongoing
- Not currently linked to comprehensive outcomes system
- Monitoring of implementation ongoing
- Evaluation of program via medical records planned

9 Point Co-occurring Disorders Treatment Module: Concepts

- Treatment provided in mental health settings: 'no wrong door'
- Stages of readiness for change key
- Motivational techniques
- Healthy living skills
- Ongoing assessment and treatment; acceptance of relapse

9 Point COD Treatment Module: Overview

- 1. Initial Assessment
- 2. Treatment Planning
- 3. Counseling using motivational techniques
- 4. Involvement of caregivers and family
- 5. Healthy living groups

9 Point COD Treatment Module: Overview

- 6. Pharmacological intervention
- 7. Ongoing Assessment
- 8. Link to mutual help and recovery programs
- 9. Documentation in defined Substance Abuse section of medical record

9 Point COD Treatment

Module: Substances

- Tobacco
- Alcohol
- Marijuana
- Stimulants
- Opioids
- Sedatives
- Inhalants

Documentation: Assessment Form

- 1. Substances Currently Used
- 2. Triggers
- 3. Substance Payment Source
- 4. Motivation for change
- 5. Caregiver/spousal role in substance use

Documentation: Assessment Form

- 6. Adverse Consequences to client of substance use
- 7. Current substance use treatment or self-help
- 8. Stage of readiness to change

Documentation: Reassessment Form

- For substance causing most serious mental health related problem:
- Craving Frequency
- Craving Intensity
- Last Use
- Amount of substance used since last assessment
- Stage of readiness
- Toxicology Results

Documentation: Treatment Planning Form

- Substance –related problem related to mental health symptoms and well-being
- Substance-related goals related to mental health symptoms and well-being
- Substance-related interventions related to mental health symptoms and well-being

Best practices and the 9 point treatment module

- Implementing Dual Diagnosis Services for Clients with Severe Mental Illness Drake, et al Psych Services 2001
- Integrated services as evidence-based practice

Best practices and the 9 point treatment module

- Staged interventions
- Motivational Interventions
- Counseling
- Social support intervention

Best practices and the 9 point treatment module

- Long term perspective
- Comprehensiveness
- Cultural Sensitivity and Competence